

4. Do it together

- A diabetes diagnosis is a chance for everyone in the family to make lifestyle changes together to be healthier.
- For example, stop buying unhealthy snacks for the home. If you and your loved ones eat out at a hawker centre, make a decision to order healthier options. If you are going to someone's home, check ahead to help ensure there are healthy food and drink choices available. Discuss with the host on behalf of your loved ones, and avoid discussing it in front of the person with diabetes during the visit.
- Your role is not to be the food police but to support healthy choices, which can include a piece of cake every now and then. Plan for such occasions and go ahead to enjoy together once in a while.

